

JACK-FRUIT "CRAB" CAKES



DIFFICULTY

EASY



TIME

30 MIN



SERVES

2-3

INGREDIENTS

1 each 14 ounce can of young jackfruit, drained (we used Native Forest)

½ cooked quinoa

2 tablespoons vegan mayo

1 teaspoon grainy mustard

½ teaspoon ground black pepper

¼ tsp garlic powder

zest of ½ of a lemon

¼ tsp smoked paprika

2 tsp finely sliced chives

1 tsp seaweed flakes (optional)

small bowl of breadcrumbs or

panko for coating

Avocado oil for frying

DIRECTIONS

1. Preheat your oven to 350 degrees. Add the quinoa to the food processor and process until slightly creamy. Add the jackfruit and pulse until in chunks. Transfer to a bowl and add the mayonnaise, mustard, black pepper, lemon zest, smoked paprika, garlic powder, chives and seaweed flakes. Line a flat pan with foil and lightly spray with cooking spray
2. Form patties (should make about 6 small patties). Place onto pan and into the freezer for 10 minutes. Remove them from the freezer and lightly press the patties into the bowl of breadcrumbs until well coated.
3. In an olive-oil coated frying pan, pan sear the patties for 4-5 minutes on each side on medium-high heat until lightly browned on the outside. Then finish in a 350-degree oven for 5 minutes on each side until the inside is heated through.
4. Serve and enjoy!!

NUTRITION FACTS PER SERVING

Calories: 262 Fat: 12.4g (Saturated Fat: 1.1g) Carbohydrates: 29.2g Fiber: 6.3g Sugar: 0.6g Protein: 5.8g



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